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Personnel

CADET WEIGHT AND FITNESS PROGRAMS



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This instruction implements Air Force Policy Directive (AFPD) 36-20, *Accession of Air Force Military Personnel*, and complements Air Force Instruction (AFI) 10-248, *Fitness Program*, 1 Jan 04, and Department of Defense (DoD) Instruction (DODI) 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*, 5 November 2002. This instruction applies to all United States Air Force Academy (USAFA) cadets. USAFA cadets must meet the standards outlined in this instruction. This instruction requires the collection and maintenance of information protected by the Privacy Act of 1974 authorized by 10 U.S.C. Chapter 903. System of records notice F036 USAFA H, United States Air Force Academy Athletic Records applies. Refer recommended changes and conflicts between this and other publications to HQ USAFA/AHP, 2170 Field House Dr, USAF Academy CO 80840-9500, on Air Force (AF) Information Management Tool (IMT) 847, **Recommendation for Change of Publication**. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with Air Force Manual (AFMAN) 37-123, *Management of Records*, and disposed of in accordance with the Air Force Records Disposition Schedule (RDS) located at <https://afrims.amc.af.mil>.

SUMMARY OF REVISIONS

This revision adds height and weight measurements to the Commissioning Fitness Assessment to be in line with the 7 Jul 05 Interim Change to AFI 10-248, moves first class cadet replacement fitness tests to the end of their seventh semester, adds a 25.0 kg/m² BMI chart as the initial body fat screening tool for female cadets, eliminates the requirement for monthly circumferential taping for cadets who exceed their BMI screening limit but are below their percent body fat limit, and establishes the Human Performance Lab, in coordination with the respective coaching staff, to establish the ideal percent body fat limit for cadets on temporary body fat adjustments for athletic performance. A bar (|) indicates revision from the previous edition.

1. Purpose. By design, the USAFA training program requires unique and rigorous academic, athletic, military, and character graduation standards. In addition to the accession weight standards and commis-

sioning fitness assessment standards outlined in AFI 10-248, USAFA cadets are required to meet all USAFA weight, body fat, and athletic graduation standards. USAFAI 36-2002 defines and differentiates between the USAFA cadet weight, body fat, and athletic graduation standards and the USAF accession weight standards and commissioning fitness assessment standards.

2. Responsibilities. The Superintendent (HQ USAFA/CC) has overall responsibility for the USAFA cadet weight, body fat, and fitness program. Other key commanders in this program are the Commandant of Cadets (34 TRW/CC); Director of Athletics (HQ USAFA/AH); Commander, 34th Training Group (34 TRG/CC); and Commander, 10th Medical Group (10 MDG/CC). Specific tasks for each of these commanders are as follows:

2.1. The Superintendent is the approval authority for USAFA cadet graduation weight, body fat, or athletic waivers. The Superintendent is also the approval authority for cadet graduation date delays or administrative separations for deficiencies in meeting USAFA cadet graduation weight, body fat or athletic standards.

2.1.1. The Superintendent is the approval authority for USAFA cadet commissioning fitness assessment waivers (reference para 5.2.4.1. for waiver eligibility). The Superintendent will forward all commissioning fitness assessment waivers to AF/DPLA for HAF coordination (for their tracking and oversight). The Superintendent is also the approval authority for commissioning date delays for cadets with USAF commissioning fitness assessment deficiencies.

2.2. The Commandant of Cadets is responsible for reviewing all cadets who:

2.2.1. Require a waiver to USAF commissioning fitness standards due to long-term medical restrictions or temporary athletic body fat adjustments. After review, the Commandant will make waiver recommendations to the Superintendent.

2.2.2. Fail to meet USAF commissioning fitness assessment standards (as defined in AFI 10-248). After review, the Commandant will make commissioning date delay, administrative separation, or waiver recommendations to the Superintendent.

2.2.3. Fail to make satisfactory progress in meeting USAFA body mass index (BMI) or body fat (BF) standards (as defined in paragraph 4.1.3.2.). The Commandant will review the Air Officer Commanding (AOC) recommendation for administrative action on cadets who fail to make satisfactory progress. The Commandant will make commissioning date delay, administrative separation, or waiver recommendations to the Superintendent.

2.3. The Director of Athletics is responsible for:

2.3.1. Administering all aspects of the cadet physical education (PE) and fitness programs.

2.3.2. Administering all aspects of the cadet physical fitness and aerobic fitness tests.

2.3.3. Administering all aspects of the commissioning fitness assessment to first-class cadets.

2.3.4. Tracking all cadets for proficiency in meeting USAFA cadet athletic graduation and AFI 10-248 commissioning fitness assessment standards.

2.3.5. Administering body composition assessments (as defined in DODI 1308.3, Enclosure 3) in support of the cadet weight management and the temporary athletic body fat adjustment processes.

- 2.3.6. Providing performance summaries and waiver recommendations to 34 TRW/CC on cadets who are deficient in meeting AFI 10-248 commissioning fitness assessment standards.
- 2.3.7. Providing performance summaries and waiver recommendations to 34 TRW/CC on cadets who require a waiver to commissioning fitness assessment standards due to long-term medical restrictions or temporary athletic body fat adjustments.
- 2.3.8. Providing performance summaries and making commissioning date delay, administrative separation, or graduation waiver recommendations to HQ USAFA/CC on cadets who are deficient in meeting cadet athletic graduation standards.
- 2.3.9. Providing performance summaries and making waiver recommendations to HQ USAFA/CC on cadets who require a waiver to USAFA athletic graduation standards due to long-term medical restrictions or temporary athletic body fat adjustments.
- 2.4. The Commander, 34th Training Group, through the Cadet Squadron AOC, is responsible for:
 - 2.4.1. Managing all aspects of the cadet BMI and BF programs to include approving temporary body fat adjustments for athletic performance reasons (as defined in para 4.2.).
 - 2.4.2. Tracking all cadets for compliance in maintaining USAFA BMI and BF standards throughout the four-year cadet training program.
 - 2.4.3. Setting up initial and monthly appointments with the Human Performance Laboratory (HQ USAFA/AHML) for BF assessment measurements on cadets who have been identified as exceeding USAFA BMI height and weight standards (see [Attachment 1](#) for BMI standards).
 - 2.4.4. Providing BMI and BF histories, and retention recommendations to the 34th Training Wing Vice Commandant of Operations (34 TRW/CV-O) for cadets who fail to make satisfactory progress (as defined in paragraph 4.1.3.2.) while in a remedial weight management program.
 - 2.4.5. Accomplishing height and weight measurements on all first class cadets within 5 days of scheduled USAF commissioning fitness assessments and entering USAF commissioning fitness assessment data into the AF Fitness Management System on the AF Portal.
- 2.5. The Commander, 10th Medical Group is responsible for:
 - 2.5.1. Administering initial health assessments for cadets identified for a remedial weight management program.

3. USAFA Cadet Athletic Graduation Requirements. The USAFA cadet athletic graduation requirements are to complete the required PE curriculum and earn a cumulative physical education average (PEA) of at least a 2.00 (on a 4.00 scale). Cadet graduation standards are approved by the Academy Board and the Deputy Director of Athletics (HQ USAFA/AHP) is the office of primary responsibility (OPR) for administering and managing cadet athletic graduation standards.

- 3.1. The required PE curriculum is approved by the USAFA Curriculum Review Committee (CRC). The CRC also approves the implementation plan for curriculum changes.
- 3.2. PEA is a function of three performance scores – cadet physical fitness test (PFT), cadet aerobic fitness test (AFT), and PE classes. Like grade point average (GPA), PEA is measured on a 4.00 scale with 3.00 grades and higher being worthy of honors recognition and less than 2.00 grades being deficient (PFT, AFT, and PEA are explained in detail in AHOI 537-1).

3.2.1. Cadets will normally take the PFT and AFT in each of their first seven semesters. After seven semesters, as long as a cadet has earned at least a 2.00 cumulative PEA, they are excused from the PFT and AFT in their eighth semester. If after seven semesters a cadet has a deficient cumulative PEA (< 2.00) their record will be reviewed by the Physical Education Review Committee (PERC).

3.2.1.1. Cadets in a nine-semester program must have a 2.00 cumulative PEA at the end of their eighth semester or their record will be reviewed by the PERC (i.e., the process outlined in paragraph 3.2.1. is delayed one semester).

3.2.2. PFT and AFT performances are initially scored on 500-point scales and then converted to a traditional 4.00 letter grade (i.e., 250 points = 2.00 or C grade, etc.). Each semester's PFT or AFT grade (on a 4.00 scale) then becomes a final and permanent score used in computing cumulative PEA.

3.2.3. Cumulative PEA is computed as 50% cumulative PFT + 15% cumulative AFT + 35% cumulative PE grades.

3.2.3.1. Cumulative PFT and AFT scores are the averages of all the respective semester PFT and AFT grades.

3.2.3.2. Cumulative PE score is the average of all PE course grades earned as a cadet.

3.3. Cadets on temporary athletic body fat adjustments must meet all cadet athletic graduation requirements.

4. USAFA Cadet Body Mass Index and Body Fat Standards. Unless exempted for long-term medical reasons or temporary athletic body fat adjustments, cadets are expected to maintain USAFA BMI or BF standards over their entire cadet career. Cadets are responsible for monitoring caloric intake and personal exercise programs to maintain the required BMI or BF standards. 34 TRG/CC is the OPR for administering and monitoring cadet compliance with these standards.

4.1. As commanders, AOCs are responsible for:

4.1.1. Administering and managing USAFA BMI and BF standards in their respective cadet squadrons. Height and weight measurements will be administered in accordance with [Attachment 1](#). By lesson five of each academic year semester, all cadets will be measured for height and weight. Cadet height and weight data will be maintained in the individual's Cadet Personnel Record (CPR II). The responsibility for administering squadron weigh-ins may be delegated to the squadron Academy Military Trainer (AMT). Cadets will be weighed while wearing the USAFA issued physical conditioning (PC) uniform, without shoes. Two pounds will be deducted from the measured weight as compensation for the weight of the PC uniform.

4.1.2. Scheduling a body composition assessment with HQ USAFA/AHML for any male cadet in their squadron who exceeds the maximum BMI screening weight of 27.5 kilograms of body weight per meter of standing height squared (kg/m^2), any female cadet in their squadron who exceeds the maximum BMI screening weight of 25.0 kg/m^2 (see [Attachment 1](#) for BMI tables), or any cadet who presents an unprofessional image when in their uniform. This appointment will be scheduled within five duty days of weigh-in.

4.1.2.1. The BMI tables start at 58 inches in height and ends at 80 inches in height. For any cadet less than 57.5 inches or greater than 80.5 inches in height, their BMI (rounded to the

closest pound) will be calculated as $704.5 \times [\text{weight} / (\text{height squared})]$ where weight is measures in pounds and height in inches.

4.1.3. Within two duty days, placing cadets found deficient in their BF measurement into a remedial weight management program. Cadets are considered deficient, or over-fat, if they exceed a maximum body fat of 20% for males or 28% for females.

4.1.3.1. Initial counseling will be documented in the CPR II and the remedial program individually tailored to best help the deficient cadet, but at a minimum the cadet must be scheduled through the 10th Aerospace Medicine Squadron Cadet Clinic (10 AMDS/SGP) for a medical evaluation and receive nutrition counseling with a cadet-wing dietician (34 TRW/SDFN). These two mandatory appointments are to be scheduled within 10 duty days of entry into a remedial program.

4.1.3.2. Initial counseling must include a performance contract clearly describing expected satisfactory progress in meeting USAFA standards. Satisfactory progress is either 3 pounds for female cadets or 5 pounds for male cadets of weight loss, or one percent reduction in body fat composition each month until BMI or BF are within standards. Monthly measurements will occur no sooner than every 28 calendar days, but no later than every 32-calendar days.

4.1.3.3. Absent a waiver, continued failure to show progress in meeting USAFA weight or body fat standards will result in administrative action, up to and including disenrollment (handled through the Military Review Committee (MRC) process). After a third monthly failure (three total failures after entering the remedial program, not limited to sequential failures), AOCs will forward the cadet's progress data and a recommendation for administrative action through 34 TRG/CC to 34 TRW/CV-O for possible MRC action. If the cadet is not disenrolled after a third failure, the AOC will continue to forward progress data and recommendations for administrative action after each additional monthly failure.

4.1.3.4. AOCs will forward the names of any first-class cadet who exceeds BMI or BF standards during their last cadet semester up the command chain to 34 TRG/CC. AOCs will also notify the deficient last-semester first-class cadet in a letter of counseling that they will be subject to late graduation or disenrollment if they do not meet USAFA standards. Procedures for cadets on temporary athletic body fat adjustments are outlined in paragraph 4.2.6.

4.1.4. Maintaining liaison with HQ USAFA/AHML to ensure initial and monthly BF measurements are completed in the required time frame. If cadets exceed their semester BMI screen, but tape <20% body fat for males or <28% body fat for females, they are in good standing and will be treated as if they passed their initial BMI screen. HQ USAFA/AHML will have cadets hand-carry a form letter with their BF assessment results to the AOC or AMT for inclusion in the cadet's CPR II.

4.1.5. Arranging for and documenting required monthly satisfactory progress measurements over the summer.

4.1.6. Continuing to monitor remedial weight management program cadets for 3 months after they meet USAFA standards. If during this 3-month monitoring period the cadet exceeds USAFA standards, that failure will be considered a satisfactory progress failure as a part of their original remedial program.

4.1.6.1. If a cadet completes the 3-month monitoring period without a failure, they are removed from their original remedial program. A subsequent failure after removal from a remedial program will be treated as a first time deficiency and the remedial process will begin anew.

4.2. Cadets may be authorized a temporary adjustment to USAFA body fat standards for athletic performance reasons. Cadets request this temporary athletic body fat adjustment through the following process:

4.2.1. The intercollegiate coach or competitive club officer in charge will validate the need for the temporary athletic body fat adjustment via an email to HQ USAFA/AHML.

4.2.2. HQ USAFA/AHML will establish a healthy body fat adjustment for the cadet, initiate the body fat adjustment enrollment letter (see [Attachment 2](#)), and forward to the Athletic Liaison Division (HQ USAFA/AHPL) for review. After validating the temporary body fat adjustment requirement, HQ USAFA/AHPL will forward the enrollment letter to the AOC for second endorsement.

4.2.3. The AOC will concur or non-concur with the HQ USAFA/AHML recommendation and forward to the Commander, 34th Training Group (34 TRG/CC).

4.2.4. 34 TRG/CC is the approval authority for temporary athletic body fat adjustments. After rendering a judgment (approve or disapprove), 34 TRG/CC will return the body fat adjustment enrollment letter to the AOC for filing in the cadet's CPR II.

4.2.5. Once a cadet is approved for a temporary athletic body fat adjustment, the AOC will have the cadet sign the adjustment letter acknowledging he or she is still required to meet all USAFA cadet athletic graduation standards and pass the USAF commissioning fitness assessment to receive a commission, and is fully aware of his or her responsibility to make satisfactory progress in meeting USAFA weight and body fat standards as soon he or she is no longer competing in the activity that required the temporary body fat adjustment.

4.2.5.1. Once a cadet no longer has a valid competitive requirement for a temporary body fat adjustment, the AOC will immediately provide initial counseling, place the cadet in a remedial weight management program, arrange for a baseline BF measurement with HQ USAFA/AHML, and arrange the mandatory appointments with 10 AMDS/SGP and 34 TRW/SDFN (i.e., initiate the process beginning in paragraph [4.1.2.](#)).

4.2.6. Cadets who require a temporary body fat adjustment for athletic performance reasons during their first-class year, may graduate while in a remedial program as long as they are making satisfactory progress (as defined in paragraph [4.1.3.2.](#) above) and receive approval from the Superintendent.

4.2.6.1. Cadets who stop competing prior to their first-class year in the athletic activity that required a temporary body fat adjustment must meet USAFA BMI or BF standards prior to graduation.

5. USAF Commissioning Fitness Assessment: In addition to meeting USAFA cadet weight or body fat and athletic graduation requirements, to receive a commission, cadets must pass the Air Force fitness assessment with at least a 75 composite score. AFI 10-248, *Fitness Program*, defines all fitness assessment standards and grading scales.

5.1. HQ USAFA/AHP is the OPR for administering and managing the commissioning fitness assessment to first-class cadets.

5.2. HQ USAFA/AHP is responsible for:

5.2.1. Scheduling all first-class cadets to take the commissioning fitness assessment in their last cadet semester. Any cadet who fails to meet the commissioning standard on the initial test date will be placed into athletic reconditioning (RECONDO) and retested no sooner than 30 days and no later than 60 days after initial failure.

5.2.1.1. In unique situations (i.e., surgery scheduled for their last semester) first-class cadets may be scheduled to test in their next-to-last semester. Cadets will not be administered the commissioning fitness assessment prior to their first-class year.

5.2.1.2. Providing fitness assessment data to the respective squadron AOC and AMT.

5.2.2. Forwarding to the Director of Athletics performance summaries and recommendations for first-class cadets who fail to meet commissioning standards after the make-up test. The Director of Athletics may authorize a second make-up test within 21 days of the first make-up test failure. Athletic performance summaries and recommendations for first-class cadets not approved for a second make-up, or failing a second make-up, will be forwarded to HQ USAFA/CC for review (as described in paragraph 2.3.8.).

5.2.3. Forwarding to the Director of Athletics cadet PFT, AFT and PEA data summaries and recommendations for cadets needing waivers due to long-term medical restrictions for any of the three commissioning fitness assessment events (push-ups, crunches, or 1.5 mile run).

5.2.4. Forwarding to the Director of Athletics cadet PFT, AFT and PEA data summaries, weight management satisfactory progress data, and recommendations for cadets requesting USAF commissioning fitness waivers due to long-term athletic body fat adjustments.

5.2.4.1. Cadets must have been authorized a temporary athletic body fat adjustment as a first-class cadet and have made satisfactory progress in their remedial weight management program to be considered for a USAF commissioning fitness assessment waiver.

5.3. Squadron AOCs are responsible for accomplishing height and weight measurements on all first class cadets within 5 days of scheduled USAF commissioning fitness assessments and entering USAF commissioning fitness assessment data into the AF Fitness Management System on the AF Portal within 10 duty days of receiving the data from HQ USAFA/AHP.

6. Information Collections, Records, and Forms or Information Management Tools (IMT).

6.1. Information Collections. No information collections are created by this publication.

6.2. Records. Maintain and dispose of records created because of prescribed processes in accordance with Air Force Manual (AFMAN) 37-123, *Management of Records*, and disposed of in accordance with the Air Force Records Disposition Schedule (RDS) located at <https://afrims.amc.af.mil>.

6.3. Forms or IMTs (Adopted and Prescribed).

6.3.1. Forms or IMTs adopted. AF IMT 847, **Recommendation for Change of Publication**.

6.3.2. Forms or IMTs Prescribed. No forms were prescribed by this publication.

WAYNE H. KELLENBENCE, Colonel, USAF
Director of Staff

Attachment 1**BODY MASS INDEX TABLE**

A1.1. Body mass index (BMI) is the physiological relationship of weight-for-height, measured in kilograms of body weight per meter of standing height squared (kg/m²).

A1.1.1. The Department of Defense's height-weight screening guidance establishes an upper limit of 27.5 kg/m² and lower limit of 25.0 kg/m². USAFA male cadets will be screened with the 27.5 kg/m² standard and female cadets with the 25.0 kg/m² standard.

A1.2. Height and weight measurements:

A1.2.1. Height.

A1.2.1.1. Measurement will be taken with the cadet in PC uniform, no shoes worn.

A1.2.1.2. Cadets will stand on a flat surface with the head held horizontal looking directly forward, with the line of vision horizontal, and the chin parallel to the floor. The body should be straight, but not rigid, similar to the body position when at attention.

A1.2.1.3. Measurements will be recorded to the nearest inch.

A1.2.1.3.1. If the height fraction is less than ½ inch, round down to the nearest inch.

A1.2.1.3.2. If the height fraction is ½ inch or greater, round up to the nearest inch.

A1.2.2. Weight.

A1.2.2.1. Measurement will be taken with the cadet in PC uniform, no shoes worn. Two pounds will be subtracted from the measured weight to compensate for clothing weight.

A1.2.2.2. The measurement will be made on calibrated scales and recorded to the nearest pound with the following guidelines:

A1.2.2.2.1. If the weight fraction is less than ½ pound, round down to the nearest pound.

A1.2.2.2.2. If the weight fraction is ½ pound or greater, round up to the nearest pound.

A1.3. BMI screening tables.

A1.3.1. Tables present the male maximum (27.5 kg/m²), female maximum (25.0 kg/m²), and the minimum (19.0 kg/m²) USAFA cadet BMI screening weights.

A1.3.1.1. Male cadets above the 27.5 kg/m² maximum, female cadets above the 25.0 kg/m² maximum, or any cadet below the 19.0 kg/m² minimum BMI screening weight will be taped to determine body composition.

A1.3.1.1.1. Unless authorized a temporary body fat adjustment (see paragraph 4.2.), male cadets above the 27.5 kg/m² and 20% body fat maximum, and female cadets above the 25.0 kg/m² and 28% body fat maximum will be entered into a remedial weight management program.

A1.3.1.1.2. For cadets below the 19.0 kg/m² minimum BMI, the AOC will provide their body composition measurements to the Cadet Clinic for a health assessment review.

Represents Maximum Allowable Weights for USAFA Male Cadet BMI of 27.5 kg/m2 (regardless of age)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	131	136	141	145	150	155	160	165	170	175	180	186	191	197	202	208	214	220	225	231	237	244	250

Represents Maximum Allowable Weights for USAFA Female Cadet BMI of 25.0 kg/m2 (regardless of age)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	189	194	200	205	210	216	221	227

Represents Minimum Weights for USAFA Cadet BMI of 19.0 kg/m2 (regardless of age or gender)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	173

Attachment 2

**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE ACADEMY
USAF ACADEMY, COLORADO 80840-5000**

MEMORANDUM FOR AHPL

FROM: AHML

SUBJ: Request for Temporary Body Fat Adjustment

1. Cadet _____, SSAN _____, CS- _____ is a member of the _____ intercollegiate team/club. Based on the body fat assessment performed by AHML on _____ (date), we are requesting Cadet _____'s USAFAI 36-2002 maximum percent body fat be temporarily adjusted to _____ percent for him/her to compete for the above listed USAFA team/club.

2. Cadet _____ realizes that once this athletic requirement terminates, he/she must make satisfactory progress in a remedial weight management program (as defined in USAFAI 36-2002, paragraph 4.2.6.) in order to graduate.

3. Cadet _____ has been briefed that once he/she is no longer participating on the above listed team/club, the temporary adjustment is no longer valid and he/she will enter a remedial program with their AOC (see USAFAI 36-2002, paragraph 4.2.5.1.).

4. Cadet _____ understands that while approved for a temporary body fat adjustment he/she must still meet all cadet athletic graduation requirements and as a first-class cadet must pass the USAF commissioning fitness assessment with at least a 75 composite score.

Name, Rank
AHML

Attachment

AHML Test Results

1st Ind, AHPL

Date

TO: 34 TRG/CS-____ (Squadron AOCs Name)

1. Cadet _____ is currently on the roster of the intercollegiate team/club referenced on paragraph 1 above. We validate the need for this maximum body fat adjustment.

Name, Rank

AHPL

2nd Ind, 34 TRG/CS-____

Date

To: 34TRG/CC (Commander's Name)

I do/do not recommend approval.

Name, Rank

Commander, Cadet Squadron _____

3rd Ind, 34TRG/CC

Date

To: 34 TRG/CS-____ (Squadron AOCs name)

The temporary body fat adjustment is/is not approved.

Name, Rank

Commander, 34 TRG

4th Ind, C__C _____, SSN _____

To: 34 TRG/CS-_____

I understand that I have been granted a temporary body fat adjustment to participate in _____. Should I no longer participate in _____, I will immediately notify my AOC for enrollment in a remedial weight management program and begin weight/body fat loss under USAFAI 36-2002 criteria. Should I fail to make satisfactory progress by losing weight/body fat at the recommended rate, I understand I am subject to administrative action up to and including disenrollment.

I also understand that I must meet all cadet athletic graduation requirements and as a first-class cadet must pass the USAF commissioning fitness assessment with at least a 75 composite score.

Cadet's Name, C__C

Cadet Squadron _____